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Trident - August 2016

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TRIDENT

PACIFIC ORTHODONTIC ALUMNI NEWSLETTER
ARTHUR A. DUGONI SCHOOL OF DENTISTRY

August 2016



COMMITTEE CHAIR'S REPORT

By Dr. Kimberly Mahood, Ortho, 2010

I hope that this update finds you doing well and enjoying a nice summer with family and friends! It has been an exciting first half of 2016 for our chapter of the alumni association.

The 30th Annual Frederick T. West Lectureship was held on Friday, March 4 at the Arthur A. Dugoni School of Dentistry in conjunction with the 117th Annual Alumni Meeting held at the Intercontinental Hotel next door. We were so fortunate to have an expert panel of Invisalign clinicians: Drs. Robert Boyd, Clark Colville, Sam Daher, and William Kottemann. Dr. Colville started off the day by reviewing his detailed approach to reviewing Clinchecks and how to be efficient with treatment. Dr. Daher discussed his approach to Class II correction with sequential distalization. Dr. Boyd reviewed many of his Class III cases and reviewed his approach to correcting these complicated cases. The day finished with Dr. Kottemann, who had a great review of overtreatment and overcorrection. Overall, the entire day of lectures was very well attended and each clinician shared many excellent "clinical pearls" with the attendees.

EDITOR

Jetson Lee

CONTRIBUTORS

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Heesoo Oh

Marie Tolarova

Jake Zitterkopf



Drs. Sam Daher, Clark Colville, Robert Boyd and William Kottemann.

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School of Dentistry

COMMITTEE CHAIR'S REPORT (CONT'D)

The highlight of the Alumni Meeting was during the alumni recognition luncheon on Friday, with the presentation of the Medallions of Honor, the Association's highest honor, to Drs. Steve Dugoni and Gabby Thodas.

Please save the date for the 31st Annual Frederick T. West Lectureship on Friday, March 3, 2017, featuring an expert panel of clinicians that will focus on methods to accelerate orthodontic tooth movement. The alumni recognition luncheon is planned for Friday with an evening alumni reception. The Legacy Ball is scheduled for Saturday evening.



Drs. Heesoo Oh '05 and Kimberly Mahood '10 flank the Class of 2017 at the Alumni Recognition luncheon.



Drs. Steven Dugoni '81, Gabby '95, and Gary Thodas '77 (dental) received the Medallion of Distinction at the luncheon.

This year the AAO Annual Session was held in Orlando, Florida. It was a wonderful opportunity to reconnect with many of our alumni and friends during the meeting and at our alumni reception that was held on Sunday, May 1 at the Hyatt Regency Orlando.

The Annual Welcome BBQ will be held on Saturday, August 13 at Dr. Robert Boyd's house to welcome the incoming class of residents, the Class of 2018. We look forward to catching up with faculty, residents, staff and alumni while enjoying delicious food and fun activities.

The 6th Annual Arthur A. Dugoni Orthodontic Graduation Symposium and Dinner will be held on Friday, September 23. Dr. Rolf Behrents will be our guest speaker and the symposium will include the graduating class of residents giving their thesis presentations. Dr. Behrents is the Lysle E. Johnston, Jr. Professor of Orthodontics and Director of the Orthodontic Program at the Center for Advanced Dental Education of Saint Louis University, in addition to being the Editor-in Chief of the *American Journal of Orthodontics and Dentofacial Orthopedics*. His lecture will look at the meaning and the value of complication and failure in orthodontics. I hope that many of you will be able to join us after the symposium for dinner at The City Club of San Francisco to celebrate the graduating class of residents, the Class of 2016.



Dr. Rolf "Buzz" Behrents

COMMITTEE CHAIR'S REPORT (CONT'D)



The City Club of San Francisco



Washington State Convention and Trade Center



The 80th Annual Session of the Pacific Coast Society of Orthodontists will be held in Seattle, Washington and our alumni reception will be held on Friday, October 14 from 5:00 to 6:00 p.m. at the Sheraton Seattle Hotel. It should be a nice evening to reconnect with fellow alumni.

The 117th Annual Session of the American Association of Orthodontists will be held at the San Diego Convention Center April 21 – 25, 2017.

The events listed above are made possible with assistance from your membership dues. These events are great opportunities to meet up with your fellow alumni, in addition, to help us foster a positive experience and relationship with our future alumni, the current residents. I would like to thank those of you that have joined our alumni association and hope that you consider continuing to support our alumni association by renewing your membership this year. We are continuing to grow our chapter of the alumni association and I encourage you to consider joining if you have not joined in the past.

I hope that you each have a wonderful second half of 2016 and I look forward to catching up with you at our upcoming events! Please feel free to contact me at **kimberlymahood@gmail.com** with any questions or concerns, and let me know if you would like to become involved with our chapter of the alumni association.

San Diego Convention Center

DEPARTMENT CHAIR'S REPORT

By Dr. Robert Boyd

We are getting excited about the upcoming Fred West lecture on March 3, 2017. The overall title will be "Accelerating Orthodontic Treatment" which is an area that has gained a lot of attention over the last few years.

We will have a varied panel of speakers including Dean Stefanos Kyrkanides, the new dean of the Kentucky dental school, who is both an orthodontist and prominent researcher in the biology of tooth movement. He will offer opening remarks on tissue response to understand the basic biology of accelerating tooth movement.



Dr. Stefanos Kyrkanides

Another exciting speaker will be Dr. Hyeon-Shik Hwang, one of the most outstanding orthodontists in Korea today. He is also one of the best lecturers in the world today on surgery first as a way of doing more efficient orthodontic treatment on skeletal problems. In general this method frequently reduces treatment time by more than 60%.

We also have a very well known orthodontic clinician, Dr. David Paquette from North Carolina who has experimented with many different types of tooth movement devices available today such as the Accelident, the Biolux infrared light system, Propel perforation, and other methods of vibratory stimulation of tissues and segmental osteotomies in fixed and Invisalign™ treatment.



Dr. Hyeon-Shik Hwang

In addition, we have Dr. Bella Shen Garnett from San Francisco who will speak about more efficient closure of open bite in comparing fixed appliances with Invisalign. We are expecting a big turnout, so get your registration in early! Look for an email announcement in the near future.

We have five of our residents competing in this year's North American competition at the biannual Invisalign summit meeting, to be held November 10-13 in Las Vegas, for the most outstanding Invisalign case done by a resident. Our residents Dr. Armin Vahidnia, Tarek Abousheta, Trevan Samp, Ben Chong and Ron Chung are submitting cases in all of the possible categories of Class I, II, III and multidisciplinary treatment. If you are going to the Summit this year, please stop by and see how our residents from Pacific fare in the competition.



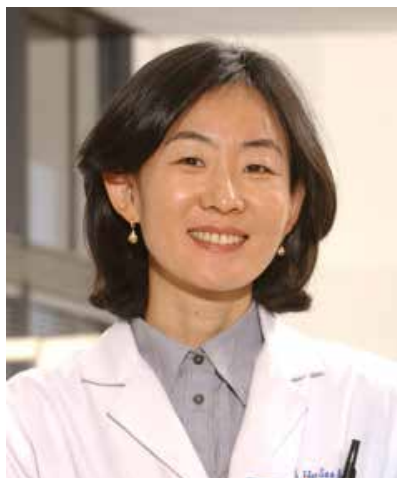
Dr. David Paquette



Dr. Bella Shen Garnett

I recently had a bit of good news for myself. I was asked to be the editor of the special new monthly section just focusing on Invisalign or other clear aligner treatment for the *Journal of Clinical Orthodontics*. If you have some good cases going, check out the format instructions and send them onto **JCO.org**.

PROGRAM DIRECTOR'S REPORT



By Heesoo Oh, Class of 2005

Embracing changes!

Our department has been embracing changes such as a new 3D imaging and airway course led by Dr. David Hatcher, a new cubicle system in the clinic, a more interactive seminar format and offering clinically focused orientation for the new residents. Many great ideas leading to these changes were derived from our department full faculty meeting held on May 27. We identified deficiencies and strengths in didactic and clinical areas by conducting a survey before the meeting and discussed ways of making our program stronger. On behalf of our department, I would like to thank all the faculty members who sacrificed their valuable time and participated in this important exercise for our resident's education.

I am sad to report that after many years of committed service, Dr. Terry Dischinger has decided that he is unable to continue his clinical instruction on the Herbst appliance, as he wants to spend more time with his wife and family. I would like to express my sincere respect and appreciation to Dr. Dischinger for his dedication to our residents' education spanning more than 20 years.

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PROGRAM DIRECTOR'S REPORT (CONT'D)



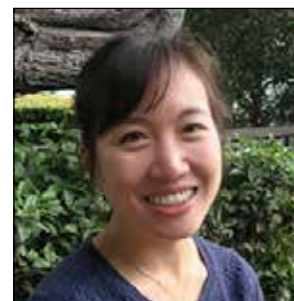
Dr. Terry Dischinger



Dr. Ehsan Karimian '13



Dr. Rebecca Keller '03



Dr. Jennifer Yau '15

On the other hand, we have made some valuable additions to our academic and clinical curriculum:

Dr. Ehsan Karimian '13 has joined our Thursday afternoon clinic with Drs. Park and Mahood. He took over Dr. Roger Boero '75's practice in San Rafael in 2014.

Dr. Rebecca Keller '03 has joined our Friday afternoon clinic with Drs. John Gibbs and Cameron Mashouf.

Dr. Jennifer Yau '15 has joined our CRIL to continue research in 3D imaging and will help Dr. Tom Pitts in the clinic on Fridays.



Dr. Baumrind was recently awarded the Arthur A. Dugoni Endowed Professorship; an event celebrated at a wonderful reception attended by his family, many friends and students on May 24. Even while undergoing chemotherapy, he continues to work on his papers in the reliability of 3D landmarks from the CBCT. While Dr. Baumrind has reduced his teaching responsibilities in our residents' curriculum, Dr. Dave Chambers has been a great resource for our residents' thesis projects and statistics class.

Here are some updates on our residents.



Dr. Sheldon Baumrind surrounded by friends and family

With no surprises, the Class of 2016 passed the ABO written exam with excellent scores. Congratulations to all on taking the first step toward becoming board-certified orthodontists. All eight residents are registered for the ABO clinical examination this coming February. Their registration fees were fully covered by our department. They are now focusing on finishing cases to take the clinical examination.

They are also diligently preparing their case reports for our third Journal of Pacific Orthodontics, which will be published for the Graduation symposium day. I am excited to present their research projects which include many interesting areas including airway measurement

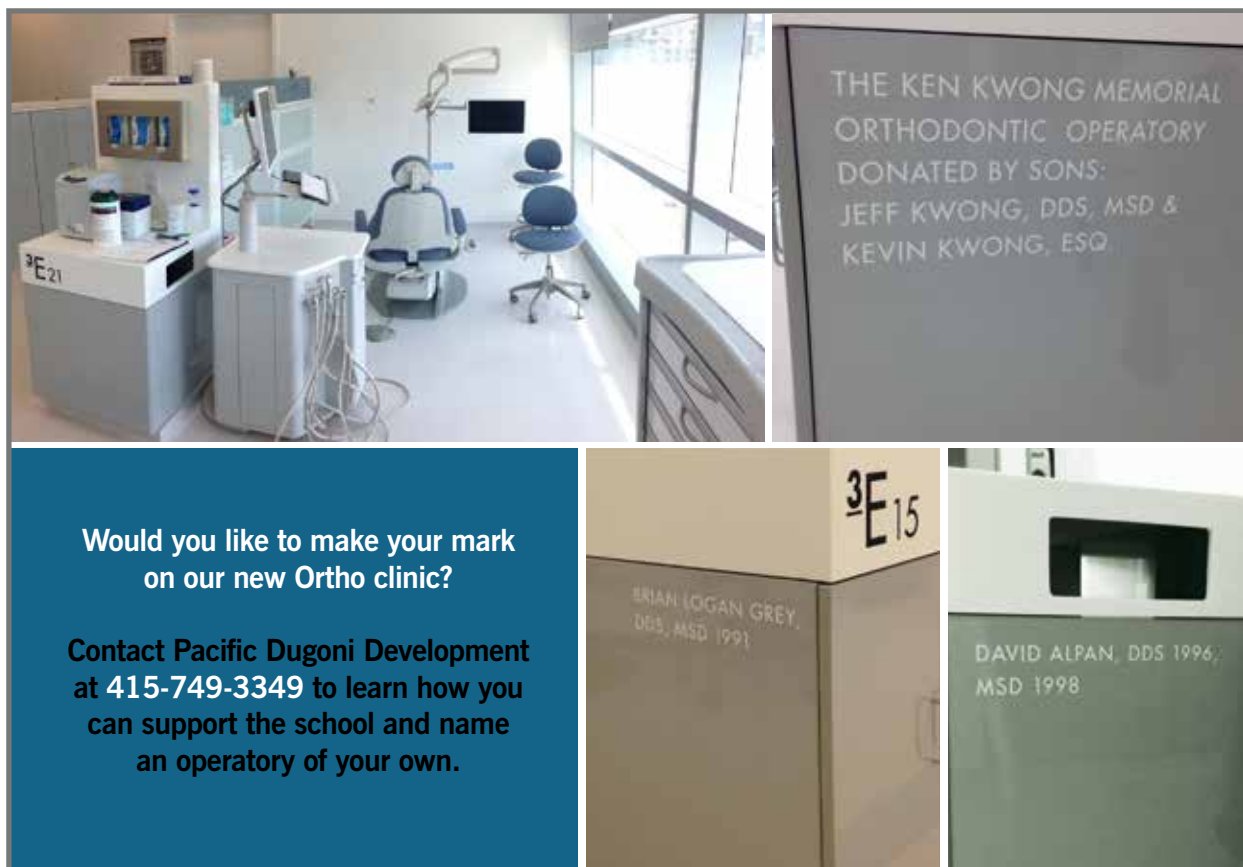
PROGRAM DIRECTOR'S REPORT (CONT'D)

by Lauri Kim and Shana Vohra, facial asymmetry evaluated in various sources by Armin Vahidnia, lower lingual arch effects by Matt Joosse, integration of digital scan of the dentition into CBCT by Tarek Abousheta, Class II correction evaluated in CBCT by Trevan Samp, lip profile analysis by Ben Chiou, and consumers' perception on Invisalign™ survey study by Ron Chung. Please join us to congratulate their achievements on their graduation day September 23.

It is with great sadness we say goodbye to the Class of 2016, but I know they are ready to go on their own journey. This graduating class has been a great role model for fellow residents. We will miss them greatly.

Finally, I would like to welcome our Class of 2018. Enjoy the New Class Introduction section!

Dr. Brad Albertson	University of Iowa 2016
Dr. Silke Cummings	University of Pennsylvania 2016
Dr. Shadiya Hasan	Nova Southeastern University 2016
Dr. Adrienne Joy	University of Pennsylvania 2016
Dr. Paul Kim	UCSF 2009
Dr. Andrew Levin	UCLA 2016
Dr. Jared Little	University of Michigan 2016
Dr. Linda Phi	UCLA 2016



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**THE GRADUATE PROGRAM
IN
ORTHODONTICS**

UNIVERSITY OF THE PACIFIC

- A SHORT HISTORY -

Dr. Richard Remmel Rutter

[Being a personal recollection of the events involved at the initiation, and during the early years of the Graduate Program in Orthodontics, Arthur A. Dugoni School of Dentistry, University of the Pacific, San Francisco, California.]

Third Edition - August 2008
Revisions 2004, 2005, 2006, 2007, 2008

Second Edition - July 1999
Revision: 2001

First Edition - June 1992
Revisions: 1993, 1994, 1995

THE GRADUATE PROGRAM IN ORTHODONTICS

I The Beginnings

Dr. Dale Redig (later to become Executive Director of the California Dental Association) arrived in San Francisco in the Summer of 1970 as the newly appointed Dean of the University of the Pacific's School of Dentistry.

Among the several issues facing Dr. Redig was the confused administrative status in the specialty of Orthodontics. The Department of Orthodontics could claim no less than THREE Chairmen!

Dr. Richard R. Rutter, appointed by former Dean John Tocchini in 1967, served as Chairman of the *Department of Orthodontics*.

Dr. William S. Paden, also appointed by Dr. Tocchini (1969), had been designated as Chairman of *Post-Graduate Orthodontics*.

Dr. A. Vincent Lombardi had been appointed by Acting Dean Thomas Beare (1969) as Chairman of *Graduate Orthodontics*; he had just arrived from Harvard's Forsythe Clinic.

Finding a department burdened with three chairmen untenable, Dr. Redig asked Dr. Rutter to continue as Chairman, assisted by Dr. Lombardi.

A part-time program conducted for general practitioners and directed by Dr. Paden and Dr. Ronald Roth was in its initial year and was phased out upon the completion of the first class of students which included former dean Tocchini.

In 1970, Dean Redig asked Dr. Rutter to assemble an initial faculty and devote the next academic year to the preparation for the initiation of a Post-Graduate Training Program in Orthodontics.

Drs. William Odom, Robert Tacy, Owen Nichols and Harry Scott, along with Dr. Lombardi, were appointed to assist Dr. Rutter in creating the framework for the University of the Pacific's post-graduate program in Orthodontics.

In 1970, less than half of Orthodontic Programs in the United States offered a graduate degree. Permission was obtained from the University of the Pacific, with its main campus in Stockton,

THE GRADUATE PROGRAM IN ORTHODONTICS

California, to initiate a twenty-one month Post-graduate training program. Provisional status was granted by the Council on Dental Education and announcements of the program were published in professional journals.

A number of applications were received, and from these a pioneer class of four students was accepted for September, 1971.

[See **Appendix I** for a complete list of students.]

Dr. Keith Brooks	Kentucky
Dr. Kent Daft	Detroit
Dr. Ralph Holt	Pacific
Dr. Barry Needman	UCLA

Facilities for seminar and clinical instruction were established on the First Floor of the Dental School at Sacramento and Webster Streets.

The diversity of backgrounds represented by the original faculty was considered a decided strong point of the program, avoiding undue inbreeding.

Dr. Richard Rutter	Columbia
Dr. William Odom	Oregon
Dr. Owen Nichols	Oregon
Dr. Robert Tacy	Oregon
Dr. Harry Scott	Indiana
Dr. Vince Lombardi	Harvard
Dr. Arthur Dugoni	Washington
Dr. Melvin Walters	Washington
Dr. James Thurston	Washington
Dr. Harry Hatasaka	Washington

THE GRADUATE PROGRAM IN ORTHODONTICS

II The Legends

Faculty Meetings during the early years of the program took two forms. Regularly scheduled Quarterly Staff Meetings were held at some of San Francisco's favorite dining spots. These evenings were extremely valuable in communicating the concerns of the faculty. The now legendary dinners at *The Smokehouse*, *Tommy's Joynt*, *The Rathskeller*, *The Beginning*, *Le Cyrano*, *La Trattoria*, *Annka's*, *White Whale*, *The Blue Boar*, *The Rose and Thistle*, *The Coachman*, *House of Prime Rib*, *Original Joe's*, *Orsi Restaurant*, *Benihana*, *Mulcrevy's*, *Marine's Memorial*, *Gulliver's* and others, contributed to departmental lore. Perhaps the most cherished comment over the years was that offered by Dr. Mel Walters when asked for his evaluation of the second year class, just prior to their leaving: "I think that they are all Safe Beginners".

Informal meetings over lunch at various Lombard Street Restaurants, *The Vintner*, *Perry's*, *Thomas Lord*, among others, also played a major role in the development of the department. During the "Planning Year" which preceded the entry of the first class, it was said of our task, "there was just lunch". But such lunches! While served by the girl with the ring in her nose under the heat lamps of *The Vintner's* patio, the "systems approach" to orthodontic education was hammered out over endless cups of coffee. Elbowing for window seats was further enlivened by the presence of the popular Vince Lombardi, dressed in his "Safari Suit", Vince was the darling of the waitresses. Dr. Lombardi was always quick to point out that he was not related to the late coach of the Green Bay Packers.

The Orthodontic Alumni Association of the University of the Pacific was founded in 1969 in anticipation of the Graduate Program. Formal organization took place on November 20, 1970. Membership was sought among P&S and UOP graduates who were members of the orthodontic specialty, and in addition, faculty, post-graduate students and friends. The Association has continued to grow in size over the years and has consistently provided funds through dues and donations to support activities of the Department. There were originally two funds operating for the Department. The first was the Richard Bartlett Memorial Lecture Fund which was initiated by Mrs. Ruth Bartlett, mother of Dr. Richard Bartlett, a member of the undergraduate teaching faculty who was killed in an flying accident in 1967. The second fund was the Orthodontic Alumni Fund, supported largely by dues and donations from members. These two funds were combined in 1991 with the Frederick T. West Memorial Lecture Fund into one single entity, "The Fred West Fund."

THE GRADUATE PROGRAM IN ORTHODONTICS

Through the generosity of the late Dr. Frederick T. West, former Chairman and Professor Emeritus of the Department of Orthodontics, and that of his family, the Frederick T. West Endowed Chair in Orthodontics was established in 1991. Dr. West's son, Dr. Eugene West, and grandson, Dr. Stephen West, have spearheaded a drive to fully fund the endowed chair in the near future.

The members of the Class of 1973 faced unique challenges during their training. There being no class ahead of them, they received the concentrated efforts of the faculty during the first year.

Mailings to incoming students during the months between acceptance and September matriculation became legendary. A list of required instruments and supplies were soon followed by "Summer Reading Lists" for Principles of Orthodontics. Half a generation of students prepared for the program with a reading of Ardrey's *Territorial Imperative* and Macgregor's *Transformation and Identity*. Dr. Tacy countered with similar lists for Growth and Development, including the Medewar classic.

One document which proved unfathomable to early students was the Calendar of Courses spreadsheet, prepared and distributed by Dr. Rutter.

In order to put the first years of the program into proper historical perspective, it should be noted that the Department had no copy machine, no coffee machine, and no computer. Classes designated a "librarian-of-the-month", who was responsible for creating piles of journals - one for each student - representing the next week's reading. With the arrival of the first copy machine, articles were copied and entered into the archives for future classes. One inventive class hired undergraduate students to perform this arduous task. The responsibility for model preparation and the fabrication of removable appliances fell to the students.

III Building the Structure

The problem of a complete lack of treatment records of the retention phase of care was addressed through the presentation of records by members of the teaching faculty and observation visits to the University of California's Orthodontic Clinic. The Chairman of Orthodontics at that time was Dr. Eugene West, a University of Pacific (P&S) graduate, who was most co-operative during our formative years.

THE GRADUATE PROGRAM IN ORTHODONTICS

The key to clinical excellence is the foundation provided through the pre-clinical appliance typodont course. From the outset of the program, the department has been fortunate in being able to call upon the contribution of Dr. Harry Hatasaka. His dedication to the program has been perhaps unmatched. In more recent years, Dr. Hatasaka has shared duties with Drs. Dennis Teruya and Kenneth Shimizu. For several years, an additional special typodont course in Tweed technique was offered by the late Dr. Melvin Paxton.

In addition to the regular faculty, a number of adjunct clinical instructors were appointed, drawing upon private practitioners in the Bay Area.

Dr. Arthur Dugoni	Washington
Dr. James Thurston	Washington
Dr. Melvin Walters	Washington
Dr. Winston Edie	Pacific
Dr. Norman Wong	California
Dr. Leo Jaeger	Illinois

This volunteer clinical instructors, each giving ten percent of his or her work week to strengthen our program, represent a phalanx of wonderful teachers:

Dr. Alex Axelrode	UCLA	Dr. Irwin Marcus	Pennsylvania
Dr. Maryse Aubert	Pacific	Dr. Alan Marcus	Pacific
Dr. Carol Bongiovani	Tufts	Dr. Cheol-Ho Paik	Tsurumi (Japan)
Dr. Len Cheney	UCSF	Dr. George Payne	UCSF
Dr. Terry Dischinger	Tennessee	Dr. Michael Perich	UCSF
Dr. James Douglas	Washington	Dr. Peter Picard	UCSF
Dr. Steven Dugoni	Pacific	Dr. Thomas Pitts	Washington
Dr. Arthur Dugoni	Washington	Dr. Richard Ridgley	Pacific
Dr. Thomas Ellerhorst	UOP	Dr. Jackson Roe	Iowa
Dr. Robert Frantz	UCSF	Dr. Jack Sibley	UCSF
Dr. Stuart Frost	Rochester	Dr. Earl Steinhoff	USC
Dr. Gary Gast	UCSF	Dr. Brian Steinhoff	UOP
Dr. John Gibbs	Nebraska	Dr. Nathan Tom	Detroit

AMERICAN BOARD OF ORTHODONTICS UPDATE

By Steven Dugoni, Ortho '81

President, American Board of Orthodontics



Congratulations to our 2015 graduate Jesse Punch who was certified by the American Board of Orthodontics at the February 2016 Clinical Examination in St. Louis at the ABO Examination Center. Congratulations also to Justin Maccaro, Jennifer Yau, and Vanessa Chong who successfully banked cases in February and plan to send their remaining cases soon to the ABO to complete their ABO certification. The remainder of the Class 2015 including Lateefa Alkharafi, Cheryl Guerrero, Laura Mancini, and Daniel Frey will present their clinical cases at the September 2016 ABO examination.

Jesse remarked, "I am so pleased with the process of the exam, and of course... my results! I am certain that the ABO certification process as well as the ABO preparatory exam that Pacific administered in our residency has made me a better orthodontist. The preparatory exam was so similar to the real exam that I truly felt prepared to answer the questions of the examiners, as well as defend any shortcomings in my cases. Pacific does such a great job of preparing us for this exam both intellectually and clinically. Looking critically at ones own cases is such an important way of bettering our future treatment of patients and I am undoubtedly better at it after this process".

During the ABO February 2016 Clinical Exam, the ABO took the opportunity to create professional videos on why board certification matters as well as what examinees can expect during their Clinical Exam. The videos offer potential examinees a chance to listen and watch examinees going through the ABO clinical examination process and hear ABO examiners talk about the importance of board certification. These videos can be accessed at the following website: <https://www.americanboardortho.com/orthodontic-professionals/about-board-certification/clinical-examination/examinee-testimonials/>

During my term as Director I have seen the percentage of ABO certified orthodontists increase from approximately 22% to 41% of AAO active members. This is because most orthodontic programs in United States and Canada are preparing their residents to become board certified. Within a few years the majority of AAO members will be board certified. This year the ABO was successful in establishing standards of care for orthodontic records that is now part of the AAO Clinical Practice Guidelines. The standards were achieved in collaboration with orthodontic educators throughout North America. Previously the AAO Clinical Practice handbook did not contain any standards of care. With the help of orthodontic educators the ABO will continue to try to set additional standards for orthodontic care. Lastly, the ABO has approved an examination for practitioners who are primarily in a craniofacial practice. More information is available at the following website: <https://www.americanboardortho.com/orthodontic-professionals/about-board-certification/clinical-examination/examination-requirements/craniofacial-examination/>

This year I am proud to serve as president of the American Board of Orthodontics. It has been my honor to serve our profession and represent the PCSO as their ABO Director for the past eight years. I am extremely proud of the excellent progress that our orthodontic department has made with preparing our residents for board certification. Our residents have performed very well with the ABO written examination and most of our recent graduates have become board certified soon after graduation. Thank you for the efforts of our orthodontic faculty in helping our residents achieve board certification.

If you have any questions regarding the American Board of Orthodontics please email me at **Dugoni@americanboardortho.com**

THIRD-YEAR RESIDENTS' REPORT

By Matt Joosse, Class of 2016

It has been said that a 27-month orthodontic residency program is like a marathon (26.2 miles). If so, we are entering the 26th mile and the finish line is September 23, 2016. Of course, there are some tired legs, but also the excitement that we are almost there! We could not have gotten this far without the support of friends and family and the training provided from our amazingly dedicated faculty. Suffice it to say, we are incredibly grateful for all of the contributors to our education—their time, their energy, and, often, their willingness to do so as a volunteer effort. Thank you!

Since we last checked in, we've been working hard! All eight residents successfully passed the written portion of the American Board of Orthodontics Exam and all eight are planning on completing board certification within one year of graduation. Progress has been made on research projects and, of course, we are trying to finish as many cases as possible. But there has also been plenty of time for fun; notably, we enjoyed a trip to the AAO Annual Session in Orlando, Florida.

And, finally, some individual updates on the graduating residents and their futures:



Tarek Abousheta is searching for a job in California; he seems to have no preference in the SoCal/NorCal debate. If you or someone you know is looking for a good, energetic orthodontist, please feel free to contact him at t_abousheta@u.pacific.edu



Ben Chiou has plans to work as an associate in the Phoenix, Arizona area. He is an Arizona native so he is familiar with the hot desert. He is looking forward to rooting on the Cardinals this coming season, especially when they play the 49ers. Secretly, he is hoping for Kurt Warner to un-retire.



Ron Chung is planning to open his own practice in the Los Angeles area as well as becoming an Internet star. You can look him up on Instagram at [ron_orthodontist](https://www.instagram.com/ron_orthodontist). He can't wait to breathe in smog back in his hometown.



Matt Joosse has plans to work as an associate for a practice in Williamsburg, VA. He is returning to his college town and is looking forward to dressing up for colonial re-enactments in Colonial Williamsburg.

THIRD YEAR RESIDENTS' REPORT (CONT'D)



Lauri Kim is looking to stay in the Bay Area. She is eagerly awaiting the birth of her first child, a daughter, in December. Congratulations, Lauri! She is looking forward to sleepless nights and all the other joys of parenthood.



Trevan Samp has plans to work as an associate for a practice in Moorestown, NJ. He is returning to the Philly area, where he went to dental school. He is looking forward to gym, tan and laundry.



Armin Vahidnia is searching for a job in northern California. If you are in search of a stud orthodontist, swipe right on this guy and contact him at a_vahidnia@u.pacific.edu



Shana Vohra has plans to work as an associate in the Tucson, Arizona area. She is looking forward to lots of 100-degree° days, saguaro cacti and rattle-snakes.

SECOND-YEAR RESIDENTS' REPORT

By Mona Derentz and Jake Zitterkopf, Class of 2017

After officially completing our first year, we can confirm there is indeed no elevator to success – you have to take the stairs! And here in our new building, there sure are a lot of them. Fortunately, with our outstanding faculty, staff, and co-residents, we are climbing in the right direction.

These past few months consisted of many classes including Biomechanics, Facial Growth, Implant and Orthognathic Surgery. The learning curve was steep but we emerged learning so much more about our profession! As we continue our days in clinic, our patients have been progressing from leveling and aligning towards more complex mechanics, which has been both challenging and fun! We are blessed to have such wonderful faculty to guide us in the clinic and to teach us about different ways to treat malocclusions.

We celebrated many occasions including birthdays for Drs. Zitterkopf, Simanian, Hong and Edalat as well as the engagement of Dr. Derentz! In June, we traveled to Kansas City for the annual visit to Dr. Robert Fry's office. Dr. Fry was exceptionally hospitable and treated us to BBQs and shared his pearls of wisdom with us. In July, we welcomed our new class of residents whom you can read about below. We are so excited to be big siblings, to learn new techniques from them, and to pass some of what we have learned onto them.

GORP in Ann Arbor, Michigan – here we come!

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Data on file at Align: *Compared to patients treated with aligners made with previous Invisalign material. N12679



MEET THE CLASS OF 2018



Bradley Anderson was born and raised in Bettendorf, Iowa, along the Mississippi River, where he graduated from Pleasant Valley High School. He completed his undergraduate degree at the University of Iowa in 2012 and received his DDS degree from the University of Iowa College of Dentistry and Dental Clinics in 2016. After having lived in the Midwest for his entire life, he is excited for the opportunity to broaden his horizons in a place like San Francisco. His interests include watching classic movies, playing trivia, writing and performing dental-themed song parodies in dental school talent shows, and trying new foods that you can't find in the Midwest.

Silke Cummings was born and raised in Kingston, Jamaica. She moved to the United States to attend Phillips Academy Andover for high school, then went on to earn both her bachelor of arts in biology and DMD at the University of Pennsylvania. She is excited to try out life on the west coast (best coast?). Her interests include baking, traveling, and doing word and jigsaw puzzles.



Shadiya Hasan was raised in Ocala, Florida and graduated as valedictorian from Vanguard High School's IB Program in 2008. She continued her education at the University of Florida, graduating summa cum laude with a B.S. in food science and human nutrition in 2012. Shadiya then earned her DMD from Nova Southeastern University in 2016. She graduated in the top 5% of her dental class and was inducted into the prestigious Omicron Kappa Upsilon National Dental Honor Society. In her free time, she enjoys baking, painting, and traveling.



Adrienne Joy was born and raised in the Bay Area. She completed her undergraduate studies in chemistry with a minor in materials science & engineering at Princeton University. After graduation, she spent a year conducting research in the lab of Dr. Jill Helms at Stanford University. She earned her DMD degree from the University of Pennsylvania. Her interests include tennis, playing the guitar, and the San Francisco Giants.

MEET THE CLASS OF 2018 (CONT'D)



Paul Kim grew up in the San Francisco Bay Area. He met his college sweetheart and wife, Marrisa, while studying at U.C. Berkeley. He later earned his dental degree at UCSF School of Dentistry. Upon graduating, Dr. Kim practiced general dentistry for more than six years treating underserved patients in Marin. When he is not studying or working, he enjoys photography and hiking in nature with his wife and four children.

Andrew Levin was raised in Huntington Beach, California. He completed his undergraduate studies in physiological science at UCLA in 2012 and earned his DDS degree from the UCLA School of Dentistry. His interests and hobbies include surfing, snowboarding, hiking and spending time with his family.



Jared Little was born and raised in Kalamazoo, Michigan. He attended the University of Michigan and completed a bachelor's degree in movement science in 2012. He then attended the University of Michigan School of Dentistry and obtained his DDS degree in 2016. In his free time he enjoys watching Michigan football, biking, running, and reading.

Linda Phi was born in Fountain Valley and raised in Westminster, California. In 2012, she received her bachelor of sciences in neuroscience from UCLA. Continuing her education at UCLA, she received both her DDS and master of sciences in oral biology in 2016. Her research assessed salivary cytokines in patients with idiopathic condylar resorption (ICR). Linda developed her interest in orthodontics at the early age of 10, steering her passion in dentistry. Her hobbies include playing the piano, attempting to play basketball, eating desserts, and enjoying the outdoors.



CLASS NOTES

*By Jetson Lee, Class of 1986
TRIDENT Editor*



The AAO Annual Session was held at the Orange County Convention Center in Orlando, Florida from April 29 to May 3, 2016. One of our graduates, Dr. Naphtali Brezniak, Class of 1986, was a speaker and gave a talk entitled “The Biomechanics of Orthodontitis and Root Resorption”.



Dr. Naphtali Brezniak '86 speaks at the Annual Session.



Dr. Eugene Roberts (standing) with his former students Dr. Naphtali Brezniak '86, Dr. Carey Noorda '86, Dr. Maryse Aubert '80, Dr. Gerald Smith '85, and Dr. Jetson Lee '86.

The American Board of Orthodontics awarded the Albert H. Ketcham Memorial Award — its highest honor — to longtime faculty member Dr. Eugene Roberts on May 1, 2016 at the Excellence in Orthodontics Awards Ceremony, which was held in conjunction with the Annual Session. The ABO awards this honor annually to an individual who, in the judgment of the award committee, has made a notable contribution to the science and art of orthodontics.



Dr. Eugene Roberts receives the Albert H. Ketcham Memorial Award from ABO President Dr. Eladio DeLeon, Jr. at a reception at the Ritz-Carlton Golf Club.

CLASS NOTES (CONT'D)

While Dr. Boyd was lecturing with Invisalign™ in Korea, there was a dinner celebration in honor of the Dugoni School. Several of our former residents were in attendance.



Drs. Ji Hyun Ahn '13, Heesoo Oh '05, Jae Sik Hur '06, Bob Boyd, Heon Jae Cho '89, Mihee Hong '12, Cheol Ho Paik (guest lecturer at UOP) in Korea.



Dean Emeritus Arthur Dugoni speaks at orientation.







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CRANIOFACIAL GENETICS AND PACIFIC CLEFT PREVENTION PROGRAM UPDATE

By Dr. Marie Tolarova



Since 2014, we have observed the month of July as the “National Cleft & Craniofacial Awareness & Prevention Month”. The March of Dimes announced the month of February as the National Birth Defects Awareness Month. About 120,000 babies are born with birth defects in the United States every year; cleft lip and palate anomalies were among the most common birth defects. Then, January was announced as the National Birth Defects Prevention Month – prevention is critical when we are dealing with birth defects.

Every year in the United States, around 7,500 babies are born with orofacial clefts. A very conservative estimate of lifetime cost of treatment is \$100,000. Treatment, which starts in the newborn and ends in adulthood, is challenging and involves a multidisciplinary team. The pillars of the team leading to successful outcomes are surgeons, orthodontists, and speech pathologists. Our department has an increasing number of cleft and craniofacial patients and is continuously improving their orthodontic treatment.

There is not only a cost of treatment, but also immeasurable psychological and emotional challenges that these patients and their families have to overcome. Therefore, cleft prevention is a very important part of care for individuals at risk of having a child with a cleft as well as in the general population. There is enough scientific evidence to suggest that a significant proportion of nonsyndromic clefts are preventable. Our studies using a high dose of folic acid and multivitamins periconceptionally (first published in Lancet in late eighties) as well as studies done by others provide a lot of significant data. The most important tool at present is education on all levels – starting with health professionals, students, residents, and health providers – and passing this information to our patients, their relatives, and the general population.

We are recognized internationally for our efforts toward cleft prevention. Most recently (June 2016), we supported initiatives toward cleft prevention in Guatemala, where the University Rafael Landívar in Guatemala City together with the Milken Institute School of Public Health from George Washington University organized a symposium addressing this issue. Sree Balaji Medical College and Hospital, Bharath Institute of Higher Education and Research in Chennai, India, organized a conference focused on prevention in obstetrics and gynecology in March 2016. Our presentation on cleft prevention was one of two keynote lectures.

CRANIOFACIAL GENETICS (CONT'D)



Guatemala meeting.



Chennai, India meeting.

Last month, I also had the privilege to participate in the EuroCleftNet workshop held at the School of Dentistry, University of Dundee, United Kingdom (Pic 3). We discussed in detail what is known at present about the causes of clefts and the challenges of diagnosis and treatment (including sleep apnea and airway issues). We have helped establish cleft prevention programs in Mendoza, Argentina, in Chennai, India (the IndoPacific Cleft Prevention Program ANAMAYA (Pic 4), and in Chile (the Cleft Prevention Program at the University of Concepcion together with Rotary Club Concepcion, led by former Dean of Dental School Dr. Hector Montoya). There will soon be more initiatives toward cleft prevention.



EuroCleftNet workshop in Dundee, United Kingdom.



ANAMAYA in Chennai, India.

In addition to learning the best treatment and understanding the causes of clefts and craniofacial anomalies, we are proud that our students and residents are developing educational materials and tools.

We have a lot of work ahead - there are still gaps to be filled in understanding of how folic acid works on a cellular level. Our short-term plans are to develop a risk assessment online program and more educational materials. We hope to contribute through our results to future National Cleft & Craniofacial Awareness & Prevention Months!